# PARTNER PROFILE

HIV, Obesity, and Hypertension Program

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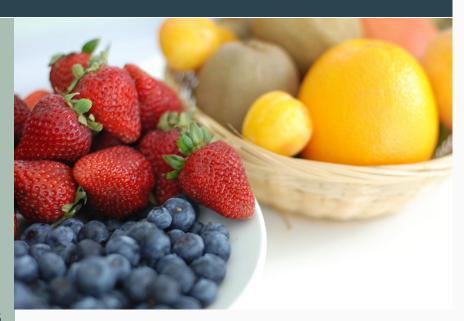
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## UNIFIED - HIV HEALTH AND BEYOND

Our goal is to empower people living with HIV (PLWH) to take control of all aspects of their health.



PROGRAM DESCRIPTION

HIV medications have advanced and are more effective in helping people manage HIV and as a result, people living with HIV (PLWH) are living just as long as people without HIV. This makes long-term holistic care critical. There is a need to empower people to take control of their health by looking at the whole person and addressing lifestyle factors to help people achieve the best health outcomes.

HOPE - Hypertension and Obesity Programs and Education is a UNIFIED initiative to help people living with HIV (with a BMI of 30 or above and/or blood pressure above 130/80) reach their healthy lifestyle goals that are grounded in health coaching with internal and external referrals to activities, programs, and organizations.

This initiative makes seeming overwhelming lifestyle adjustments approachable and attainable to help individuals live a meaningful, happy, and healthy life.

HOPE provides participants with individualized health coaching, access to healthy foods, exercise classes and walking groups, nutrition and cooking classes, incentives for reaching goals and participating in activities, and a community of individuals committed to healthy living and more!

**REGION:** Detroit

FOCUS: Obesity and hypertension among people living with HIV (PLWH)

